

## Learn more about Diabetes and Smoking...

The following resources will provide more information about diabetes:

- **Virginia Diabetes Prevention and Control Project** at (804) 864-7877 or visit [www.vahealth.org/cdpc/diabetes](http://www.vahealth.org/cdpc/diabetes)
- **National Diabetes Education Program** at 1-888-693-NDEP (1-888-693-6337) or visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

For more information about tobacco use control and quitting, contact:

- **Virginia Tobacco Use Control Project** at (804) 864-7877 or visit [www.vahealth.org/cdpc/TUCP](http://www.vahealth.org/cdpc/TUCP).

## QUIT SMOKING TODAY!

Call Quit Now Virginia's Tobacco User Quitline at 1-800-QUIT-NOW.

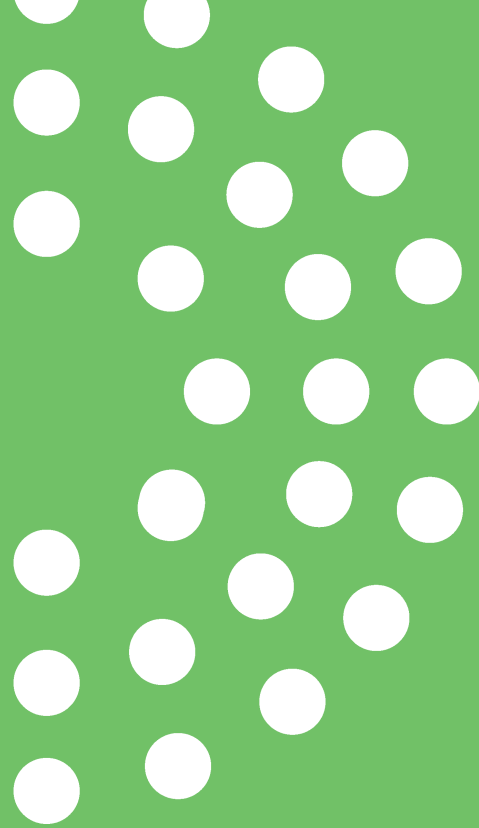
TTY Line: 1-877-777-6534



Tobacco User Quitline • 1-800-QUIT-NOW

Even if you don't have diabetes, you probably know someone that does and is a smoker. So please, pass this information along.

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Quit Now.  
Here's How.  
Get Ready.  
Get Set.  
**Stop.**

*Make life your new habit.*



Quitline: 1-800-QUIT-NOW  
TTY Line: 1-877-777-6534

For further information about Quit Now Virginia, contact the Virginia Department of Health's Tobacco Use Control Project at 804-864-7877, or visit [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

*This is step one  
to a healthier life.*



Nicotine is a strong addiction.  
*But you're even stronger.*  
You know it's time to stop.  
*Here's how to do it.*



**QUIT NOW**  
VIRGINIA

Tobacco User Quitline • 1-800-QUIT-NOW

**You have the power to quit.**

Sure, you've spent a lot of time smoking. You've burned money and you've hurt your body. But it's time to put that all behind you. Starting right now!

It won't be easy – if you've been smoking for a while, your body may crave nicotine. But that will pass, and a healthier lifestyle will take its place.

**Quit, and you'll feel the effects within one day.**

Within 12 hours, your pulse, blood pressure, and carbon monoxide levels will return to normal. In two to three days, the nicotine will leave your body. Within a few weeks, your blood circulation will start to improve, and you'll be able to breathe easier.

In one year, your risk for coronary heart disease will be cut in half. In 10 years, your risk of dying from lung cancer will be cut in half. Within 15 years, your risk of coronary heart disease will be equal to that of a nonsmoker.

Just think – you'll be able to walk up a flight of stairs without getting winded. You'll have a better sense of taste and smell. You'll be able to sit on a long plane ride and not stress

about lighting up. You won't smell like smoke, and neither will your home! These are just a few of the rewards you'll enjoy as a nonsmoker. So start stopping right now!

**Quit Now Virginia brings you the personal help you need.**

You don't have to go it alone when it comes to quitting. The Virginia Department of Health's Quit Now Virginia program is here to help.

You'll have your own Quit Coach. This person is trained to help people kick the tobacco habit. He or she will be available by phone to guide you through the process.

You'll develop your own personal Quit Plan. Working with your coach, you'll figure out the best ways to quit, determine what medicines and techniques might help, and explore solutions for overcoming cravings.

You'll receive free Quit Guides. These booklets will walk you through the entire quitting process.

You'll have ongoing support. If you have a question or just need to talk, you can reach a Quit Coach any time. We'll also refer you to community resources for additional assistance.

Quit Now Virginia contracts with Free & Clear, a phone based treatment program with more than 20 years of experience that has helped more than half a million tobacco users. With its support and your strength, you'll be smoke-free as soon as you want to be.



All it takes is one phone call.

You know that smoking causes cancer, heart disease, strokes, emphysema, and countless other health problems. You know it's draining your wallet and sapping your energy.

So call Quit Now Virginia's Quitline at **1-800-QUIT-NOW**. Available through TTY and in Spanish. If you're ready to stop smoking, our support will never quit.



Tobacco User Quitline • 1-800-QUIT-NOW

**A Special Message About Diabetes and Smoking**

Smoking has severe effects on your diabetes and health. When you quit smoking you can have more energy, a longer life, better control of your diabetes, and less chance of complications.

**Eyes:** Smoking can make vision problems worse which can lead to blindness.

**Teeth:** Smoking raises your risk of getting gum disease and losing your teeth.

**Nerves:** Smoking raises your risk of nerve damage. This can cause numbness, pain, and problems with digestion.

**Heart:** Smokers with diabetes are 11 times more likely to have a heart attack or stroke than people who don't have diabetes and don't smoke.

**Feet and Legs:** Smoking can lead to serious foot and leg problems like infections, ulcers, and poor blood flow. Smoking raises your risk of amputation.

**Blood Sugar:** Smoking raises your blood glucose (sugar) and reduces your body's ability to use insulin, making it more difficult to control your diabetes.

**Kidneys:** Smoking triples your risk of getting kidney disease. Drugs that help prevent kidney failure don't work as well for smokers.

**Cholesterol:** Many people with diabetes have high levels of cholesterol. Smoking makes this worse by increasing build up on artery walls, putting you at more risk for heart attack or stroke.